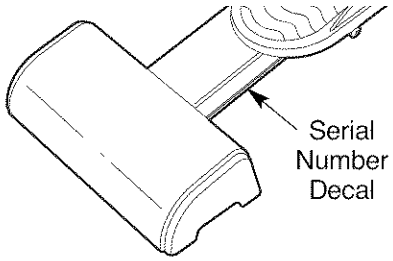
NordicTrack®
ASR 700

Model No. NTEL00607.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

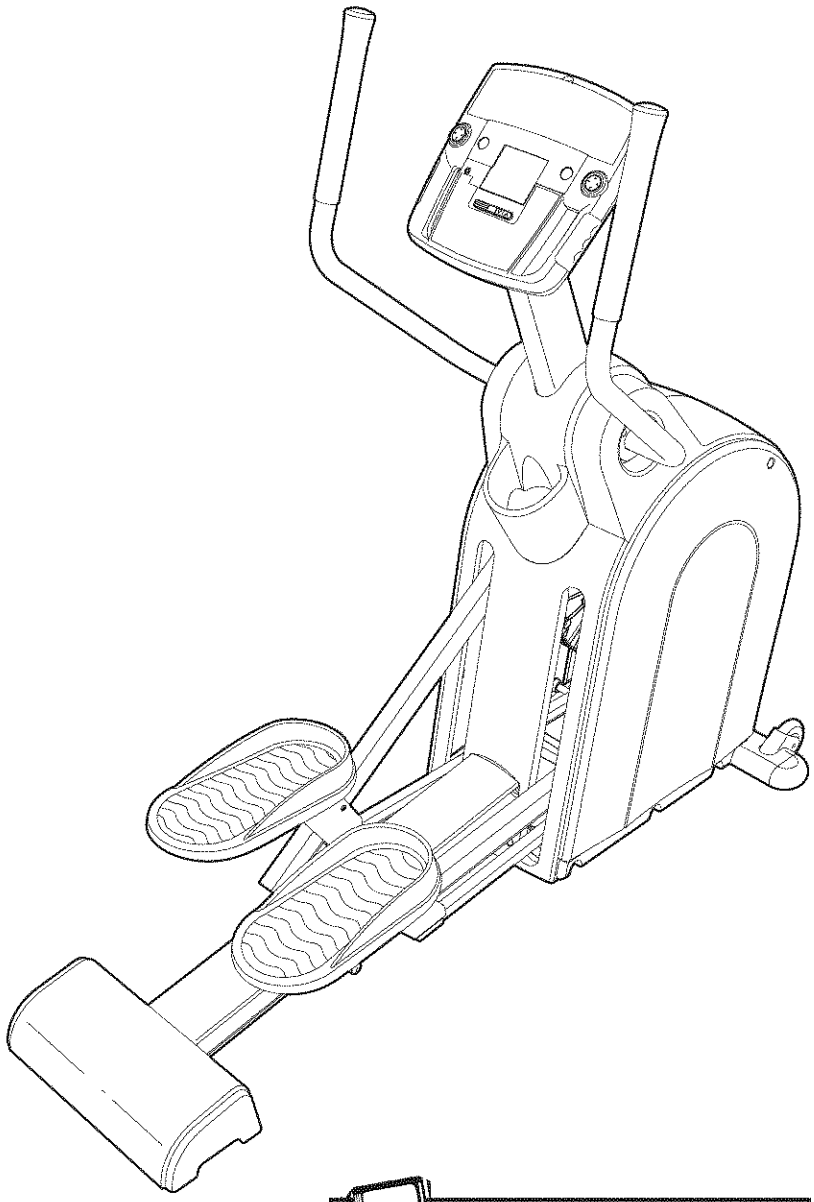
CALL TOLL-FREE:
1-888-825-2588
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.nordictrackservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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new products, prizes,
fitness tips, and much more!

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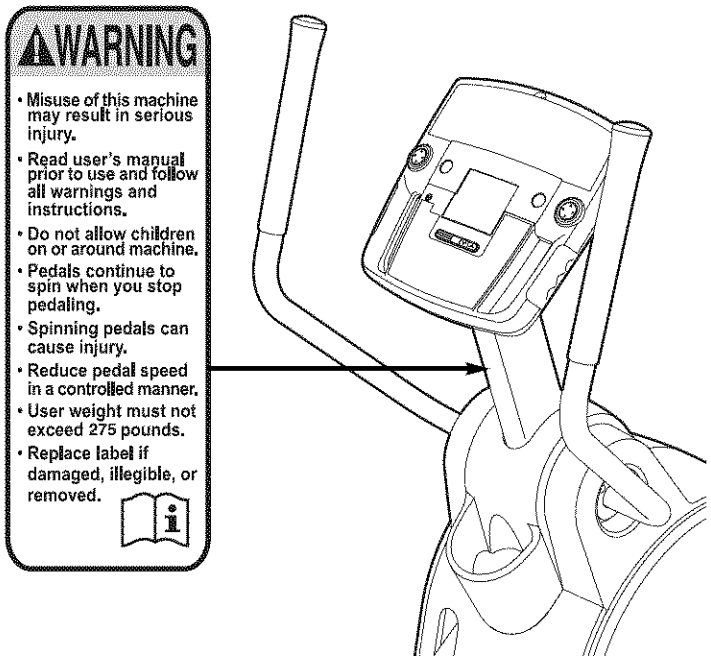
WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 275 pounds.
• Replace label if damaged, illegible, or removed.

NordicTrack is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

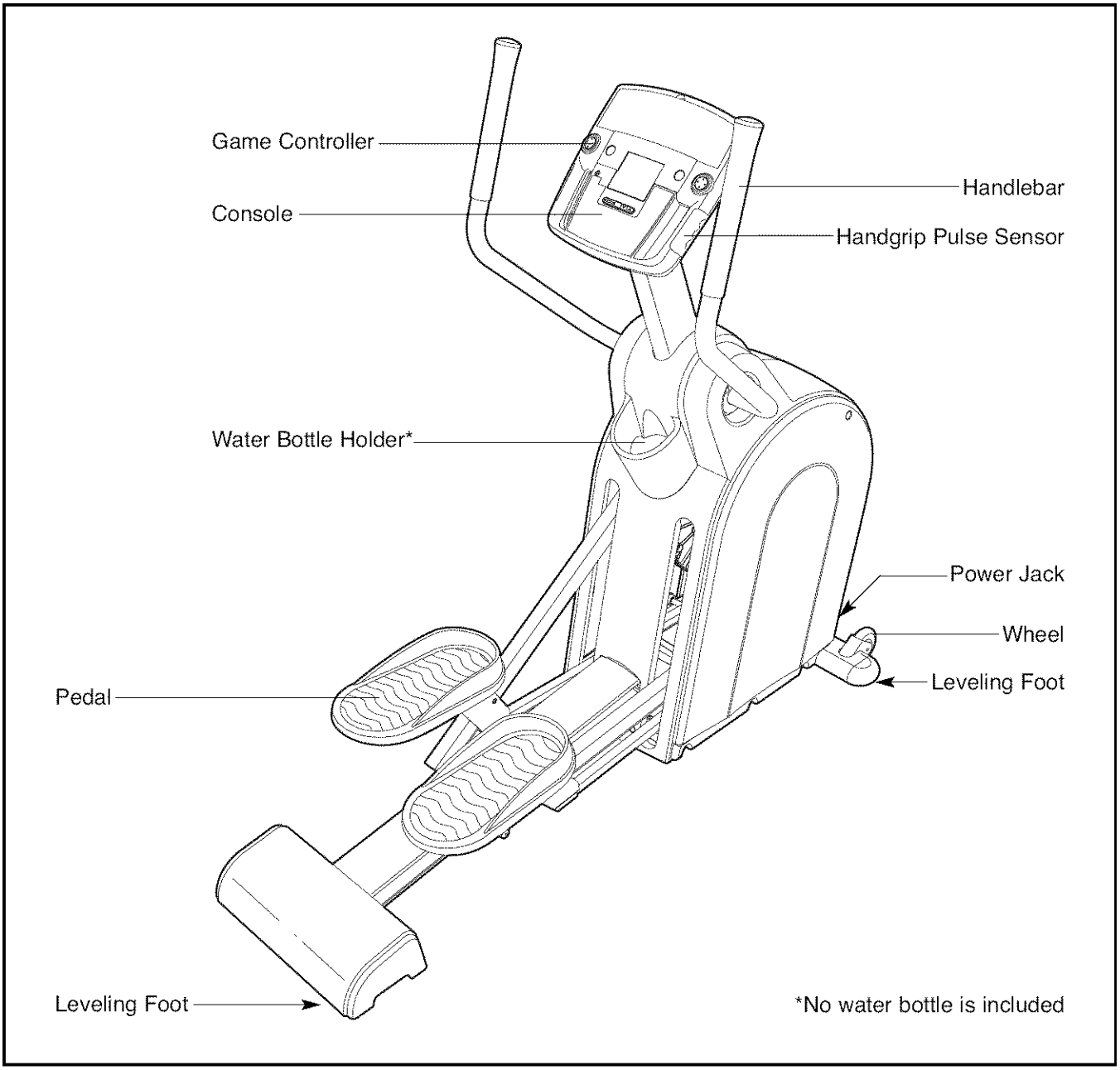
1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 275 lbs. (124 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® ASR 700 elliptical exerciser. The ASR 700 elliptical exerciser provides an impressive array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

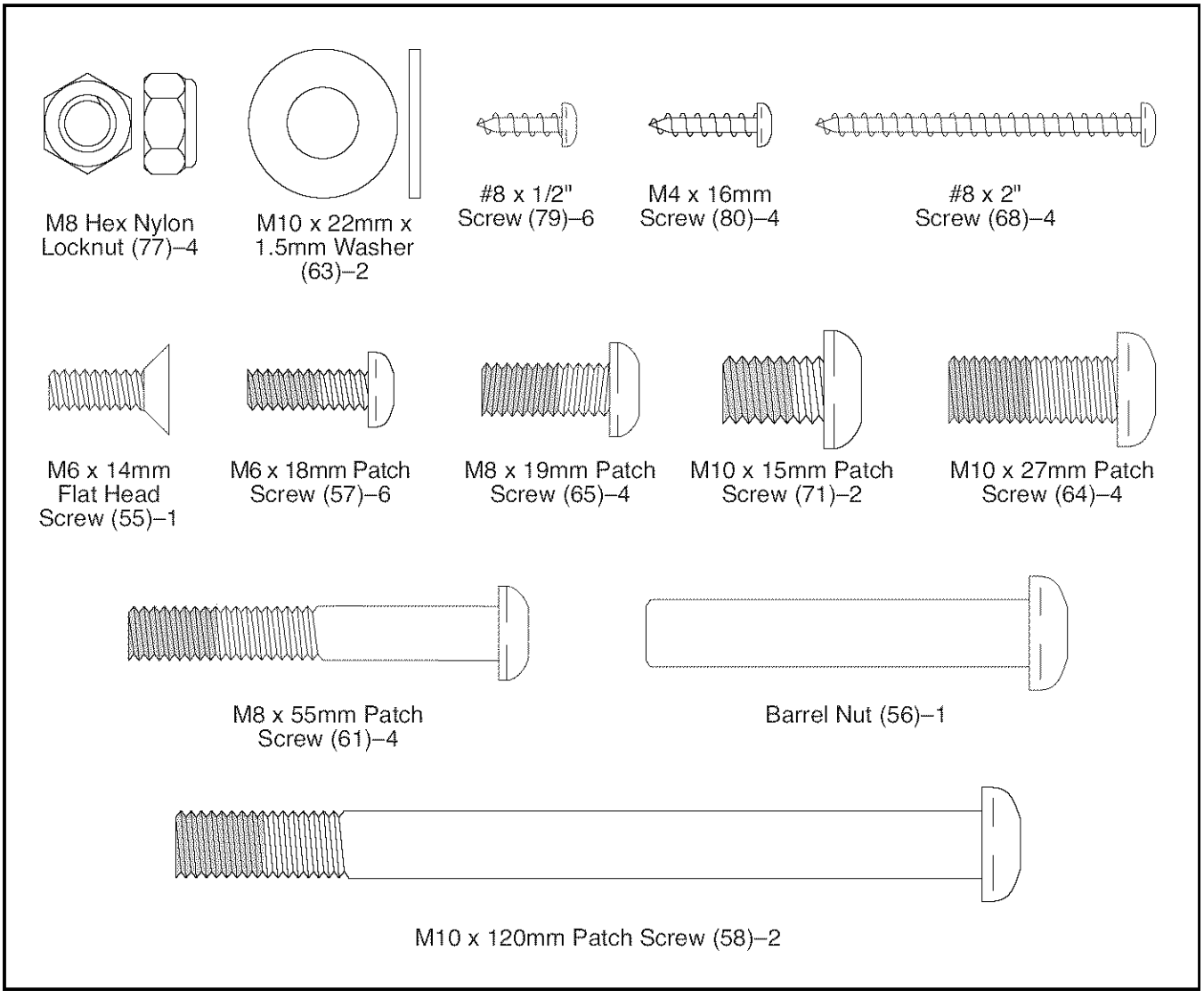


ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included hex keys and your own Phillips screwdriver , adjustable wrench , and rubber mallet .

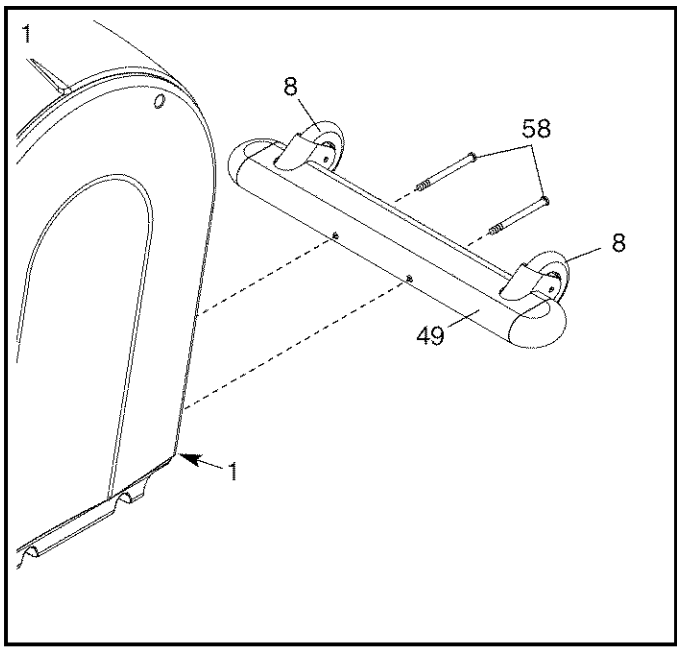
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the hardware kit, check to see if it has been preassembled.**


M8 Hex Nylon Locknut (77)–4
M10 x 22mm x 1.5mm Washer (63)–2
#8 x 1/2" Screw (79)–6
M4 x 16mm Screw (80)–4
#8 x 2" Screw (68)–4
M6 x 14mm Flat Head Screw (55)–1
M6 x 18mm Patch Screw (57)–6
M8 x 19mm Patch Screw (65)–4
M10 x 15mm Patch Screw (71)–2
M10 x 27mm Patch Screw (64)–4
M8 x 55mm Patch Screw (61)–4
Barrel Nut (56)–1
M10 x 120mm Patch Screw (58)–2

1. **To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

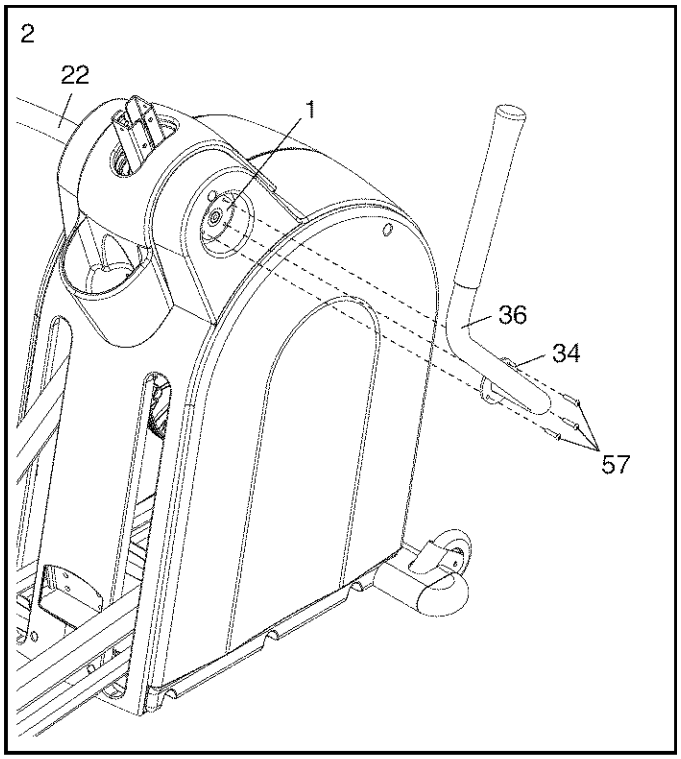
Remove the shipping bracket (not shown) inserted into the underside of the Frame (1). Then, remove the two M10 x 120mm Patch Screws (58) and the shipping bracket (not shown) attached to the front of the Frame. Discard the shipping brackets. **Do not discard the two M10 x 120mm Patch Screws.**

Orient the Stabilizer (49) with the Wheels (8) in the position shown. While a second person tips the Frame (1) backward, attach the Stabilizer to the Frame with the two M10 x 120mm Patch Screws (58).



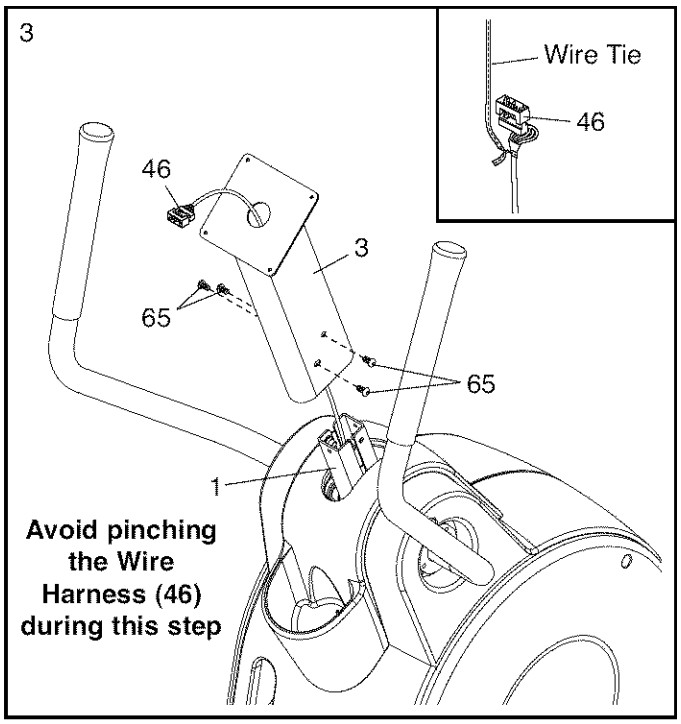
2. Identify the Right Handlebar (36), which is marked with an "R" sticker, and orient it as shown. Attach the Right Handlebar to the Frame (1) with the Upper Body Endcap (34) and three M6 x 18mm Patch Screws (57).

Repeat this step to attach the Left Handlebar (22).



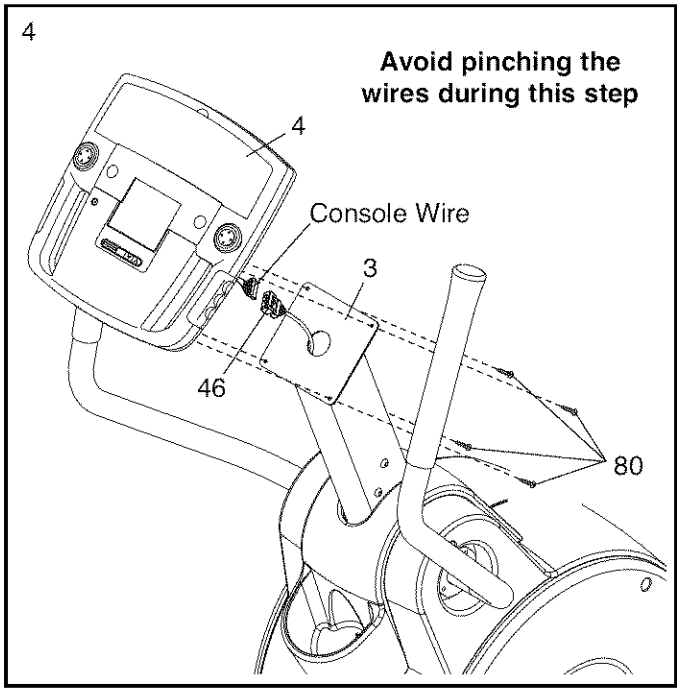
3. Identify the Upright (3) and orient it as shown. Have a second person hold the Upright near the top of the Frame (1). Locate the wire tie (see the inset drawing) in the Upright. Tie the lower end of the wire tie to the Wire Harness (46). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie. **Tip: Do not allow the Wire Harness to fall into the Upright. Use a piece of tape or an elastic band to hold the Wire Harness in place until step 4.**

   Tip: Avoid pinching the Wire Harness (46) during this step. Insert the Upright (3) into the Frame (1). Attach the Upright with four M8 x 19mm Patch Screws (65).

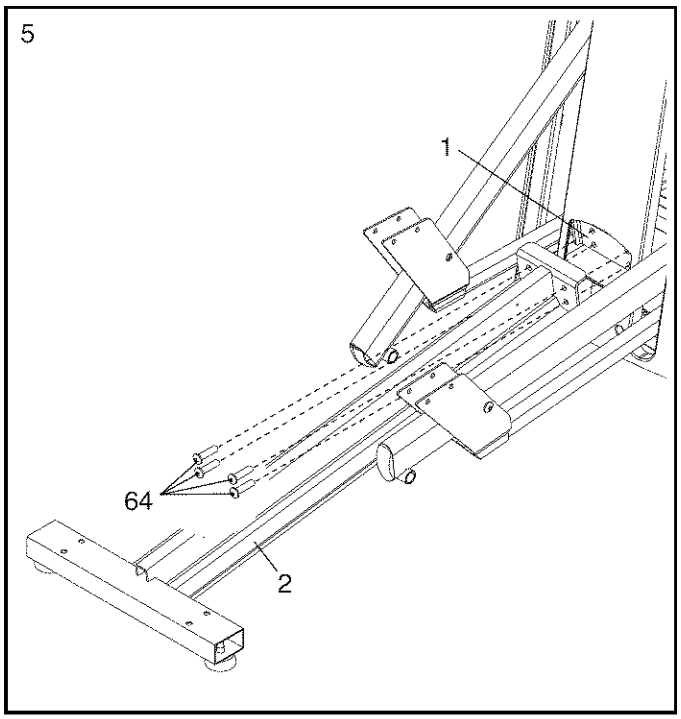


4. While a second person holds the Console (4) near the Upright (3), connect the console wire to the Wire Harness (46). Insert the excess wire downward into the Upright.

   Tip: Avoid pinching the wires during this step. Attach the Console (4) to the Upright (3) with four M4 x 16mm Screws (80).



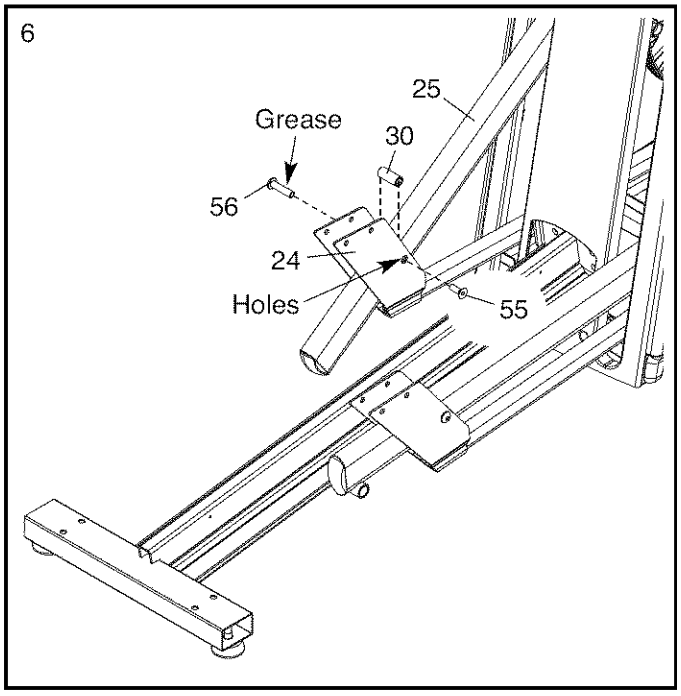
5. Identify and orient the Ramp (2) as shown.
Tip: Remove the Ramp Cover (not shown) from the Ramp and set it aside until step 9.
Attach the Ramp to the Frame (1) with four M10 x 27mm Patch Screws (64).



6. Cut and remove the wire tie that holds the Link Tube (30) inside the left Link Arm (25). Leave the Link Tube inside the left Link Arm and then position the Left Pedal Leg (24) and the left Link Arm as shown.

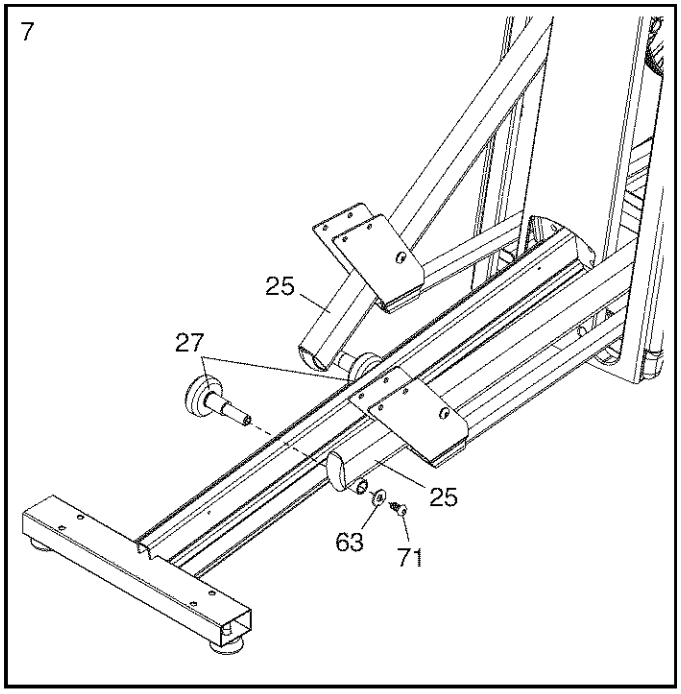
   Apply a small amount of the included grease to a Barrel Nut (56). Insert the Barrel Nut through the indicated holes in the Left Pedal Leg (24) and the left Link Arm (25). Then, insert the Barrel Nut through the the Link Tube (30) inside the left Link Arm.

   Tighten an M6 x 14mm Flat Head Screw (55) into the Barrel Nut (56).



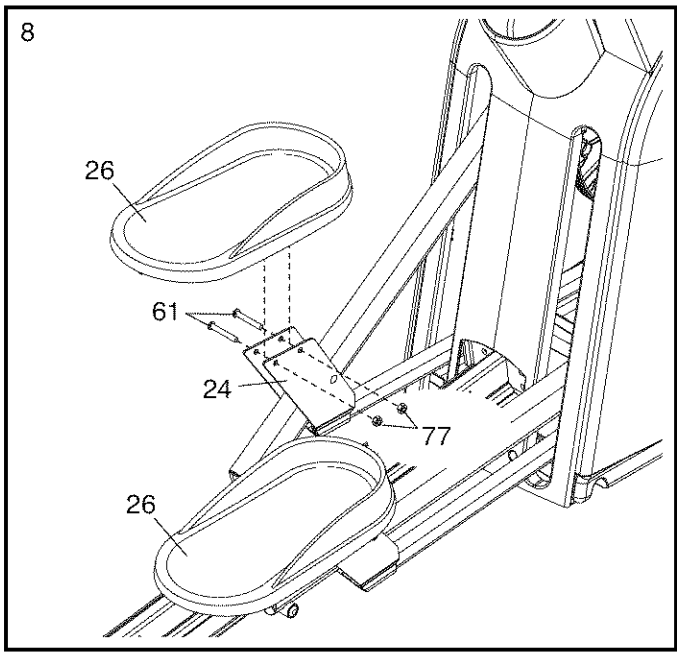
7. Insert the axle of the Roller (27) through the right Link Arm (25); **make sure that the Roller is on the inner side of the Link Arm.** Attach the Roller with an M10 x 15mm Patch Screw (71) and an M10 x 22mm x 1.5mm Washer (63). **Tip: Use a wrench to hold the axle of the Roller firmly in place while you tighten the Patch Screw into the axle.**

   Repeat this step to attach the other Roller (27) to the left Link Arm (25).

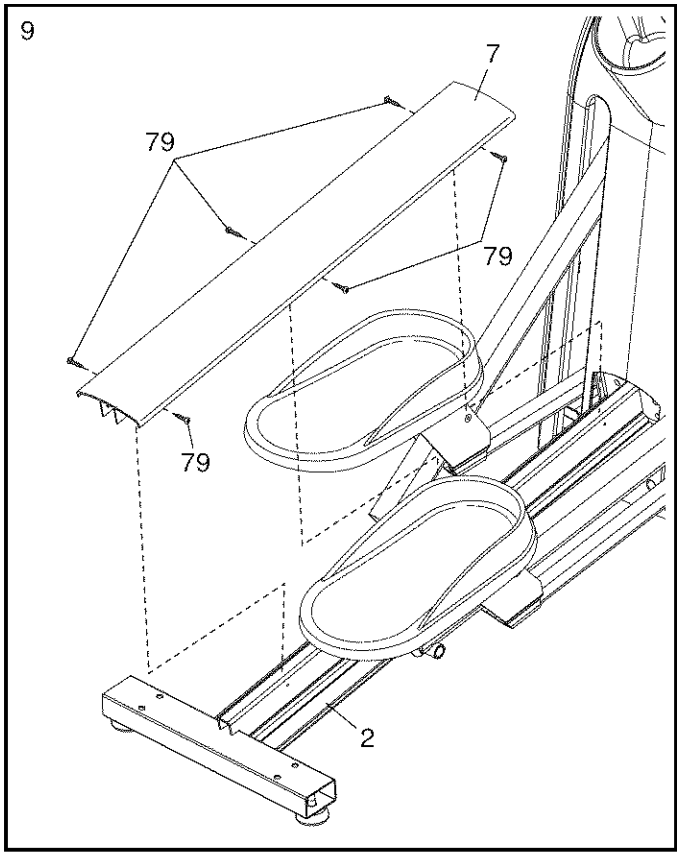


8. Orient a Pedal (26) as shown. Attach the Pedal to the bracket on the Left Pedal Leg (24) with two M8 x 55mm Patch Screws (61) and two M8 Hex Nylon Locknuts (77).

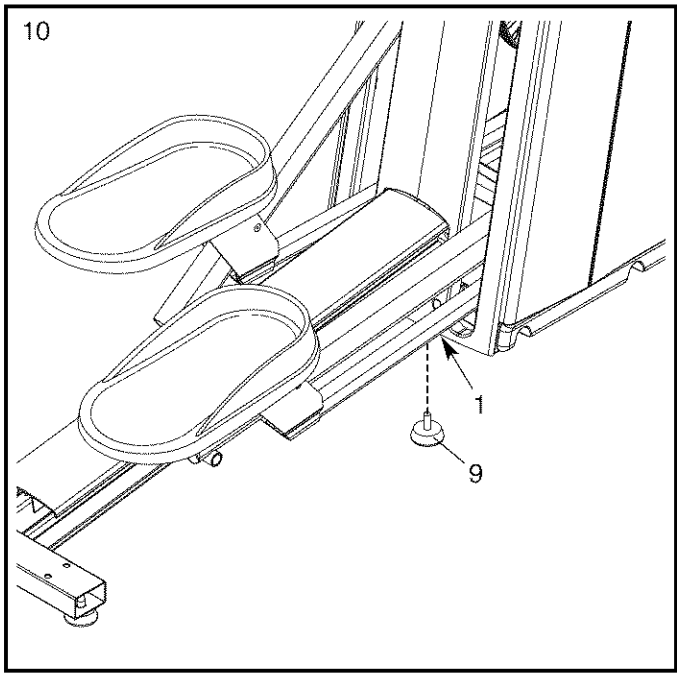
   Repeat this step to attach the other Pedal (26).



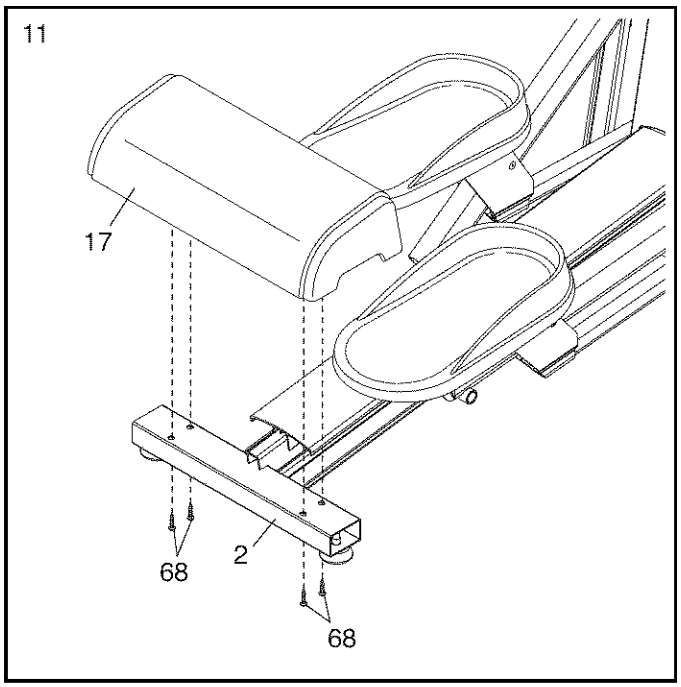
9. Attach the Ramp Cover (7) to the Ramp (2) with six #8 x 1/2" Screws (79).



10. While a second person tips the Frame (1) forward, tighten a Foot (9) into the underside of the Frame.



11. While a second person tips the elliptical exerciser forward, attach the Rear Ramp Cover (17) to the Ramp (2) with four #8 x 2" Screws (68).



12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

    Plug the power supply into the socket at the front of the elliptical exerciser (see HOW TO PLUG IN THE POWER SUPPLY on page 12). **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.**

HOW TO USE THE ELLIPTICAL EXERCISER

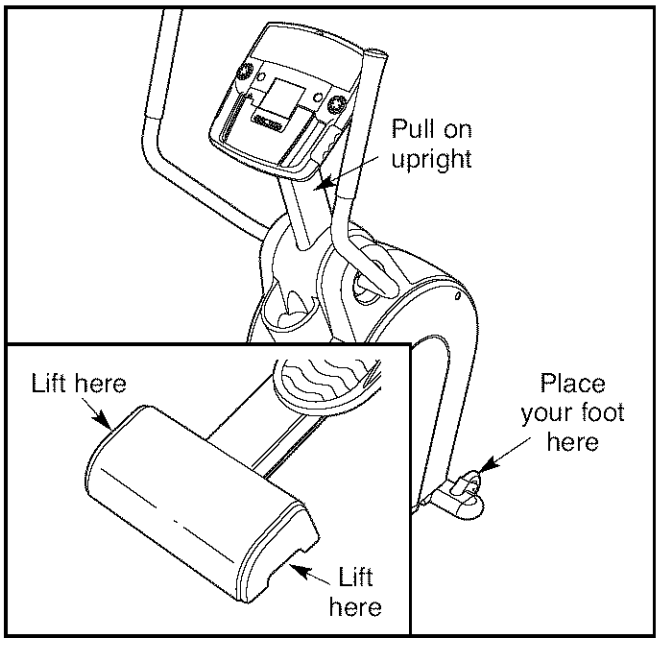
HOW TO PLUG IN THE POWER SUPPLY

Plug one end of the included power supply into the jack on the front of the elliptical exerciser (see the drawing on page 4 for the location of the jack). Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

Note: The console can also be operated with four 1.5V "D" batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** To insert batteries into the console, remove the two screws, which are marked with a battery symbol, from the back of the console, and remove the battery cover. Insert four batteries into the console. Orient the batteries as shown by the markings inside the battery compartment. Then, reattach the battery cover.

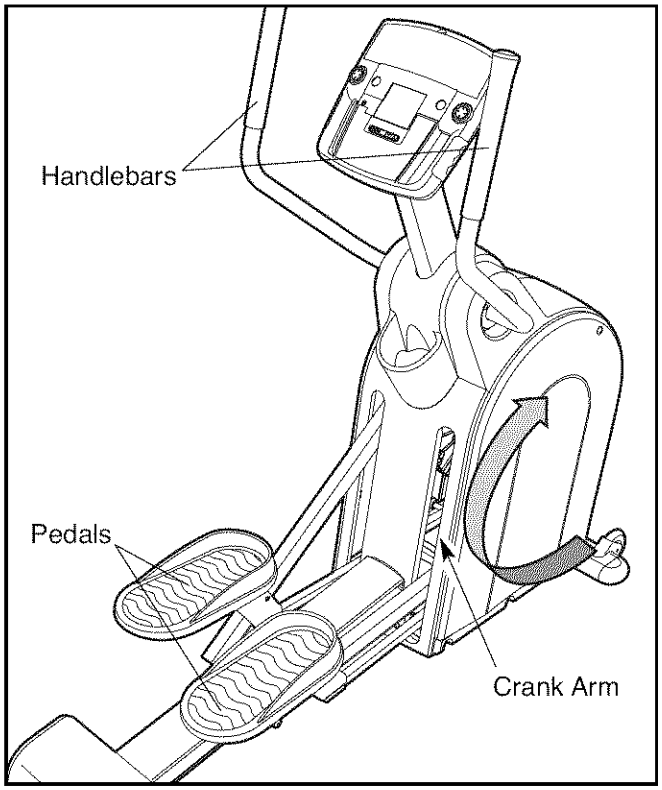
HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the rear of the track until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.



HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow below; however, for variety, you can turn the crank arms in the opposite direction.**

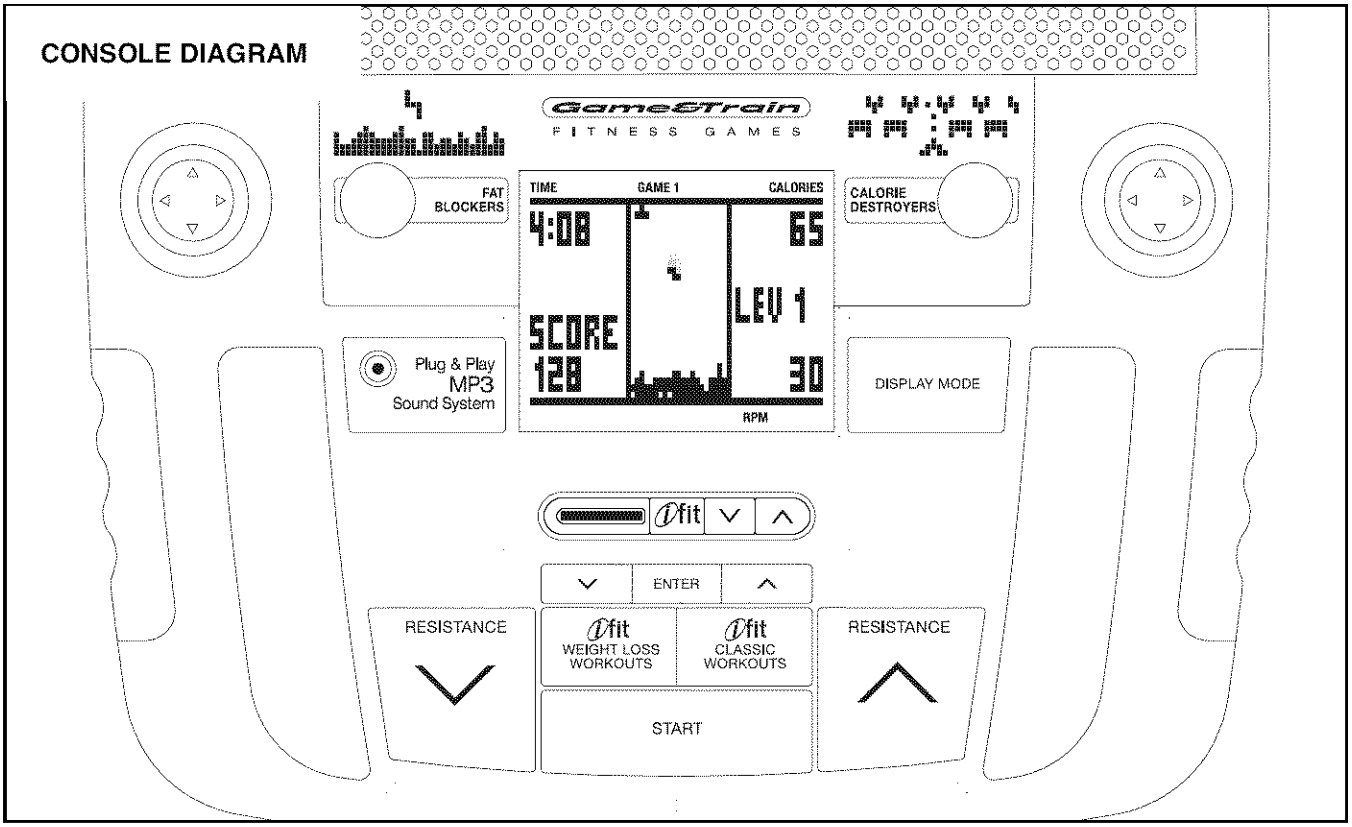


To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the base or beneath the front stabilizer until the rocking motion is eliminated. If the elliptical exerciser flexes during use, turn the leveling foot beneath the center of the frame.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The revolutionary console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

Weight Loss Workouts
The console offers four weight loss workouts designed to help you lose unwanted pounds. The weight loss workouts automatically control the resistance of the pedals and prompt you to vary your pace while counting the calories you burn.

Classic Workouts
In addition, the console offers ten classic workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

Interactive Games
The console features two motivational interactive games. Using the dual game controllers, play the challenging Fat Blocker™ game or the fast-paced Calorie Destroyer™ game during your workouts—the harder you exercise, the greater the advantage you will have! The console keeps track of the four highest scores for each game—compete with other users or try to top your own high score.

iFit Interactive Workout System
The console also features the new iFIT Interactive Workout System. The iFIT Interactive Workout System is compatible with iFIT cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFIT workouts control the resistance of the pedals while the voice of a personal trainer coaches you and motivates you through your workout. One demo iFIT card is included. Additional iFIT cards are available separately. **To purchase iFIT cards, go to www.iFIT.com or call the telephone number on the front cover of this manual. iFIT cards are also available at select stores.**

Sound System
You can even connect your MP3 player or CD player to the console's sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode of the console, follow the steps beginning on page 14. **To use a weight loss workout,** see page 16. **To use a classic workout,** see page 17. **To play the Fat Blocker game,** see page 18. **To play the Calorie Destroyer game,** see page 19. **To use an iFIT workout**, see page 20. **To use the sound system**, see page 20.

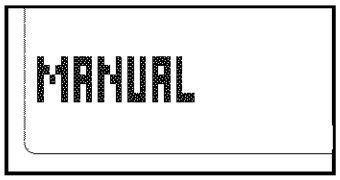
HOW TO USE THE MANUAL MODE

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select the manual mode.**

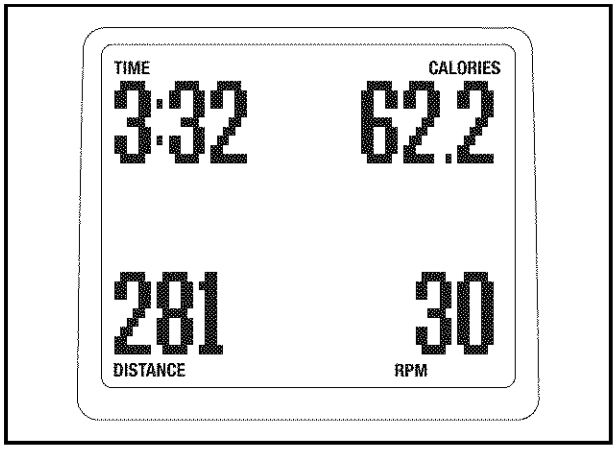
   Each time you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing either of the Workouts buttons repeatedly until the word MANUAL appears in the lower left corner of the display.

3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing any of the Resistance increase and decrease buttons.
   Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The upper left corner of the display will show the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



The lower left corner of the display will show the distance, in total revolutions, you have pedaled.

The upper right corner of the display will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15).

The lower right corner of the display will show your pedaling pace in revolutions per minute (rpm).

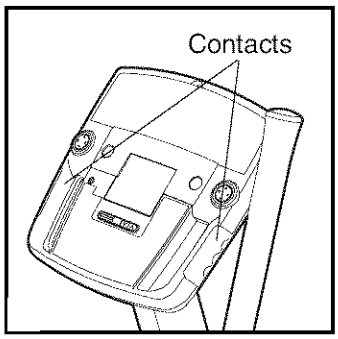
The center of the display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

You can also view selected information at a larger size. Press the Display Mode button repeatedly to view time and distance information, time and calorie information, or time and pace information. Press the Display Mode button again to view all information.

To adjust the volume level of the console, press the increase and decrease buttons located next to the Enter button. There are five volume levels.

The console has three backlight options. The "On" option keeps the backlight on while the console is on. To conserve the batteries, the "Auto" option keeps the backlight on only while you are pedaling. The "Off" option turns the backlight off. To select a backlight option, first press and hold down the Display Mode button for several seconds. Next, press the Resistance increase button to select the desired backlight option. Then, press the Display Mode button to save your selection.

5. **Measure your heart rate if desired.**



If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**

When your pulse is detected, one, two, or three dashes will appear in the display, and then your heart rate will appear. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **When you are finished exercising, the console will turn off automatically.**

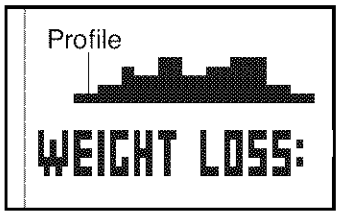
If the pedals do not move for several seconds, a tone will sound and the console will pause. If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE A WEIGHT LOSS WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select a weight loss workout.**

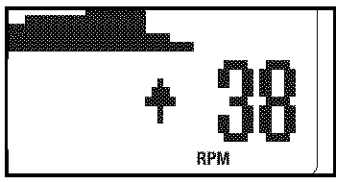
   

   To select one of the four weight loss workouts, press the Weight Loss Workouts button repeatedly until the name of the desired workout appears in the display. The workout time and a profile of the resistance levels for the workout will also appear in the display.

3. **Begin pedaling or press the Start button to start the workout.**

   Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target rpm (pace) setting are programmed for each segment. Note: The same resistance and/or target rpm setting may be programmed for consecutive segments.

   The resistance level and the target rpm for the first segment will appear in the center of the display for a few seconds. During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or the target rpm will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

   As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.

   IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 14.

5. **Measure your heart rate if desired.**

   See step 5 on page 15.

6. **When you are finished exercising, the console will turn off automatically.**

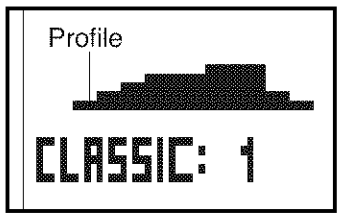
   See step 6 on page 15.

HOW TO USE A CLASSIC WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select a classic workout.**

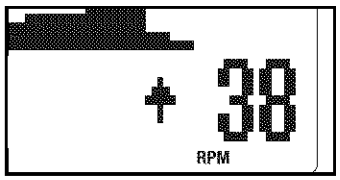
   

   To select one of the ten classic workouts, press the Classic Workouts button repeatedly until the name of the desired workout appears in the display. The workout time and a profile of the resistance levels for the workout will also appear in the display.

3. **Begin pedaling or press the Start button to start the workout.**

   Each workout is divided into 20 or 30 one-minute segments. One resistance level and one target rpm (pace) setting are programmed for each segment. Note: The same resistance and/or target rpm setting may be programmed for consecutive segments.

   The resistance level and the target rpm for the first segment will appear in the center of the display for a few seconds. During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

   As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.

   IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 14.

5. **Measure your heart rate if desired.**

   See step 5 on page 15.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 15.

HOW TO PLAY THE FAT BLOCKER GAME

The Fat Blocker game requires quick thinking and fast reflexes. In addition to the console buttons, you will use the four-button game controllers on the console to play the game. Follow the steps below to play the Fat Blocker game.

1. **Begin pedaling or press any button on the console to turn on the console.**

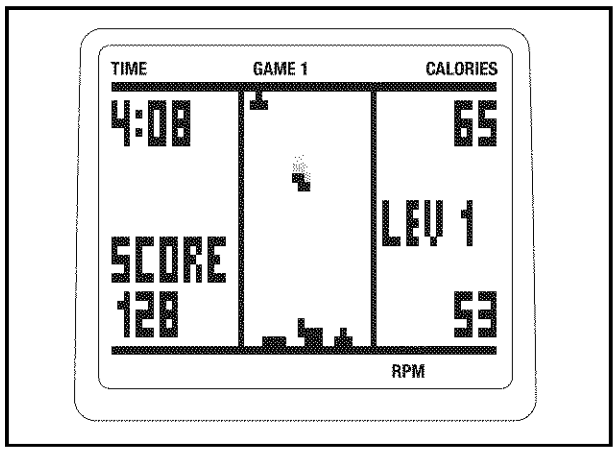
   A moment after you begin pedaling or press a button, the display will light.

2. **Select the Fat Blocker game.**

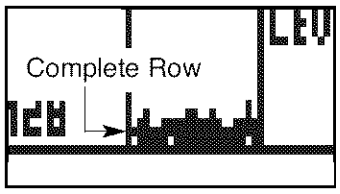
   To select the Fat Blocker game, press the Fat Blockers button. The words FAT BLOCKER will appear at the top of the display.

3. **Pedal to start the game.**

   When you start the Fat Blocker game, a game arena will appear in the center of the display.



A block composed of four or five black squares will slowly move downward until it reaches the bottom of the arena. Another block will then move downward. There are blocks of eight different shapes. As each block falls, you can move it to the left or right using the left and right buttons on the left controller. In addition, you can rotate the block counterclockwise or clockwise using the left and right buttons on the right controller. Once you have positioned and oriented a block, you can speed its motion to the bottom of the arena, if desired, by pressing the down button on either controller.



Your goal is to maneuver the blocks so that they form a complete row of black squares across the entire arena. Each time you complete a row of black squares, the row will disappear, and all blocks above will move downward one row.

As you play, the blocks will fall faster and faster; however, your pedaling pace will affect the speed of the blocks—the faster you pedal, the more slowly the blocks will fall, giving you extra time to position and orient the blocks. The game will continue until any part of a stacked block reaches the top of the arena.

When the game ends, the display will show your final score and the level of play that you reached. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores.

If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset. Note: You can also use the increase, decrease, and Enter buttons on the console to enter a high score name.

4. **Follow your progress with the display.**

   While you exercise and play the Fat Blocker game, the corners of the display will show the elapsed time, the approximate number of calories you have burned, and your pedaling pace. In addition, the display will show your current score and the game level that you have reached.

   To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the words FAT BLOCKER appear at the top of the display, and then begin pedaling.

5. **When you are finished exercising, the console will turn off automatically.**

See step 6 on page 15.

HOW TO PLAY THE CALORIE DESTROYER GAME

The Calorie Destroyer game is a fast-paced game that pits you against a squadron of laser-firing drones. In addition to the console buttons, you will use the four-button game controllers on the console to play the game. Follow the steps below to play the Calorie Destroyer game.

1. **Begin pedaling or press any button on the console to turn on the console.**

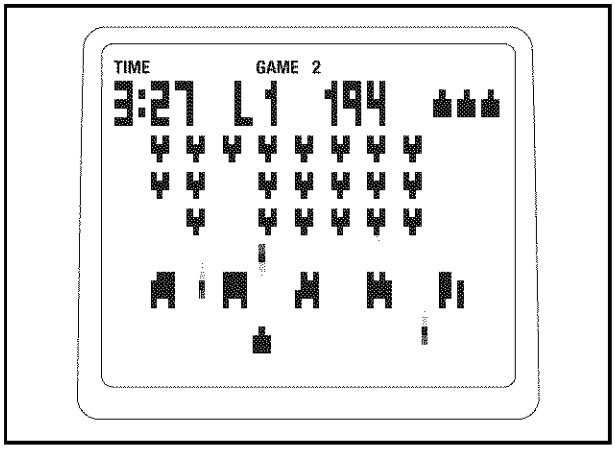
   A moment after you begin pedaling or press a button, the display will light.

2. **Select the Calorie Destroyer game.**

   To select the Calorie Destroyer game, press the Calorie Destroyers button. The word DESTROYER will appear at the top of the display.

3. **Pedal to start the game.**

   When you start the Calorie Destroyer game, a game arena will appear in the display. Three rows of drones will begin to move across the top of the arena, periodically firing their lasers downward. Each time the drones reach the left or right side of the arena, they will reverse direction and move downward.



   At the bottom of the arena is a laser blaster. You can fire the laser blaster at the drones by pressing the up button on either controller. In addition, while you are pedaling, you can move the laser blaster to the left or right using the left and right buttons on either controller. The faster you pedal, the faster the laser blaster will move.

   Between the drones and the laser blaster are five shields. You can hide the laser blaster below a shield if desired. However, each time a shield is hit by a laser, a piece will be vaporized.

   Your goal is to keep the laser blaster from being hit and to keep any drone from reaching the bottom of the arena. If the laser blaster is hit, it will be disabled and another laser blaster will appear in its place; there are a total of four laser blasters. If you vaporize the entire squadron of drones, a new squadron will appear.

   As you play, the drones will move faster and faster. The game will continue until all four laser blasters are disabled or a drone reaches the bottom of the arena.

   When the game ends, the display will show the level of play that you reached and your final score. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores.

   If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset. Note: You can also use the increase, decrease, and Enter buttons on the console to enter a high score name.

4. **Follow your progress with the display.**

   While you exercise and play the Calorie Destroyer game, the upper left corner of the display will show the elapsed time. In addition, the display will show the game level that you have reached and your current score.

   To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the word DESTROYER appears at the top of the display, and then begin pedaling.

5. **When you are finished exercising, the console will turn off automatically.**

See step 6 on page 15.

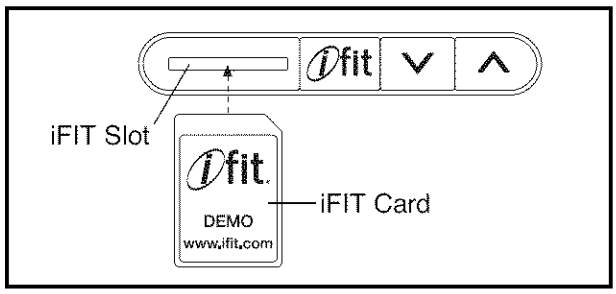
HOW TO USE AN IFIT WORKOUT

1. **Press any button on the console or begin pedaling to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Insert an iFIT card and select a workout.**

   To use an iFIT workout, insert an iFIT card into the iFIT slot; make sure that the iFIT card is oriented so the metal contacts are face down and are facing the slot. When the iFIT card is properly inserted, the indicator next to the slot will light and words will appear in the display.



   Next, select the desired workout on the iFIT card by pressing the increase and decrease buttons next to the iFIT slot.

   A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFIT workouts function in the same way as classic workouts. To use the workout, see steps 3 to 6 on page 17.

3. **When you are finished exercising, remove the iFIT card.**

   Remove the iFIT card when you are finished exercising. Store the iFIT card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug an audio cable (not included) into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume of the speakers using the volume control on your MP3 player or CD player.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

If the console display becomes dim when the console is operating with batteries, the batteries should be replaced; most console problems are the result of low batteries. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** To replace the batteries, remove the two screws, which are marked with a battery symbol, from the back of the console, and remove the battery cover. Insert four 1.5V "D" batteries into the console. Orient the batteries as shown by the markings inside the battery compartment. Then, reattach the battery cover.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 15.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 12.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	
145	*138*	*130*	*125*	*118*	*110*	*103*	
125	*120*	*115*	*110*	*105*	*95*	*90*	
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

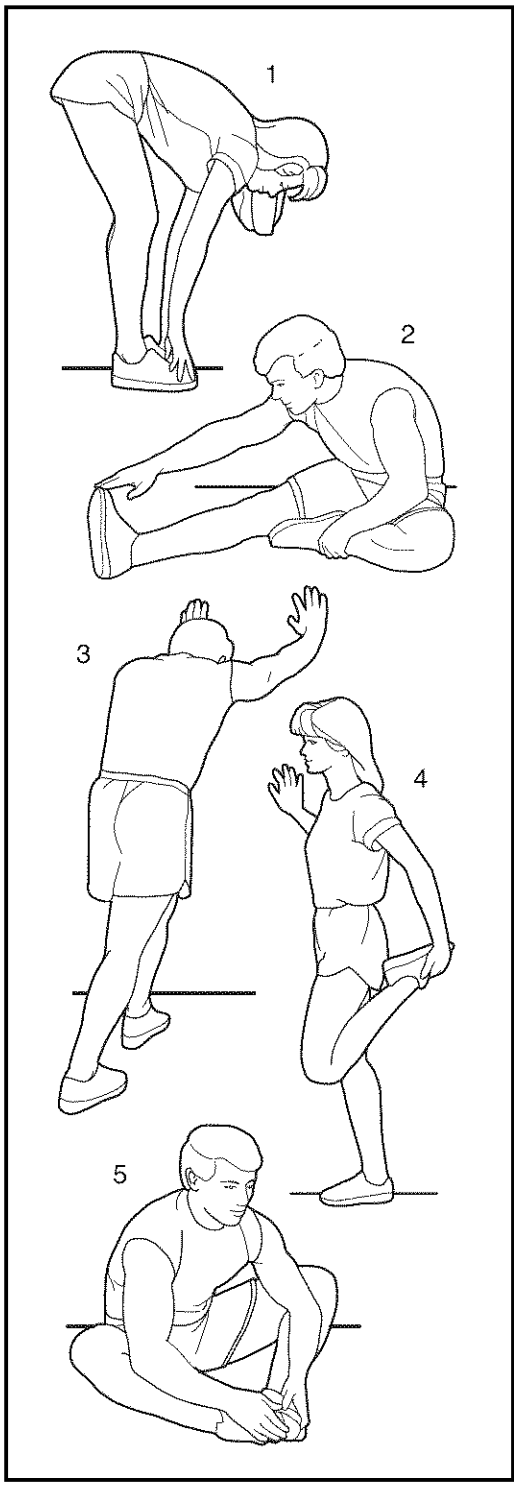
Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

NOTES

PART LIST—Model No. NTEL00607.0

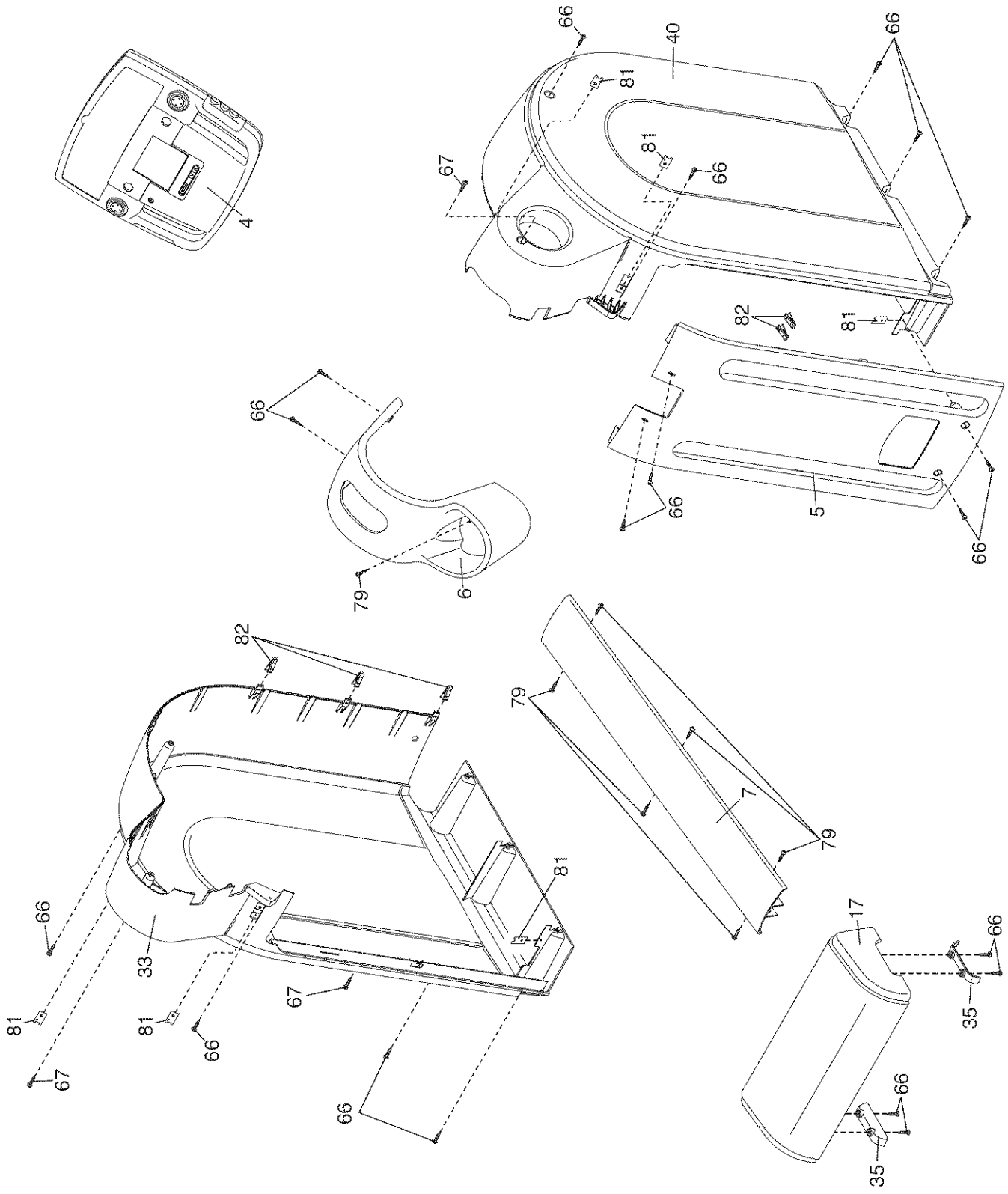
R0308A

Key No.	Qty.	Description
1	1	Frame
2	1	Ramp
3	1	Upright
4	1	Console
5	1	Shield Cover
6	1	Upright Cover
7	1	Ramp Cover
8	2	Wheel
9	5	Foot
10	1	Eddy Mechanism
11	2	Pedal Leg Tube
12	1	Idler
13	1	Pulley
14	1	Crank
15	6	Crank Bearing
16	1	Resistance Motor
17	1	Rear Ramp Cover
18	2	Magnet
19	6	Pivot Bushing
20	1	Clamp
21	1	Reed Switch/Wire
22	1	Left Handlebar
23	1	Left Upper Body Arm
24	1	Left Pedal Leg
25	2	Link Arm
26	2	Pedal
27	2	Roller
28	4	Weld Spacer
29	2	Roller Axle
30	2	Link Tube
31	2	Crank Arm
32	2	Key
33	1	Left Side Shield
34	2	Upper Body Endcap
35	2	Rear Handle Cover
36	1	Right Handlebar
37	1	Right Upper Body Arm
38	1	Right Pedal Leg
39	1	Right Pedal Bracket
40	1	Right Side Shield
41	1	Pivot Axle
42	1	Crank Arm Spacer
43	1	Belt
44	2	Handle Grip
45	2	Link Arm Endcap
46	1	Wire Harness
47	1	Power Harness
48	1	Left Pedal Bracket
49	1	Stabilizer
50	2	Stabilizer Endcap
51	2	M6 x 9mm Patch Screw
52	2	M8 x 50mm Hex Screw
53	2	Large Snap Ring
54	2	Small Snap Ring
55	2	M6 x 14mm Flat Head Screw
56	2	Barrel Nut
57	6	M6 x 18mm Patch Screw
58	2	M10 x 120mm Patch Screw
59	2	M10 x 20mm Patch Screw
60	4	M6 Nylon Locknut
61	4	M8 x 55mm Patch Screw
62	2	M8 x 50mm Patch Screw
63	2	M10 x 22mm x 1.5mm Washer
64	4	M10 x 27mm Patch Screw
65	4	M8 x 19mm Patch Screw
66	19	#8 x .75" Screw
67	3	M4 x 16mm T Screw
68	4	#8 x 2" Screw
69	8	M6 x 12mm Patch Screw
70	2	M10 x 29mm x 2mm Washer
71	2	M10 x 15mm Patch Screw
72	1	#8 x 1/2" TZP Screw
73	2	M10 Nylon Locknut
74	2	M10 x 89mm Hex Screw
75	4	Pedal Leg Bushing
76	2	M8 Nylon Locknut
77	4	M8 Hex Nylon Locknut
78	2	M8 Hex Nylon Locknut Cls 10.9
79	11	#8 x 1/2" Screw
80	4	M4 x 16mm Screw
81	6	Hood Clip
82	5	Custom Clip
83	1	Power Supply
*	–	Hex Key
*	–	Grease Packet
*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

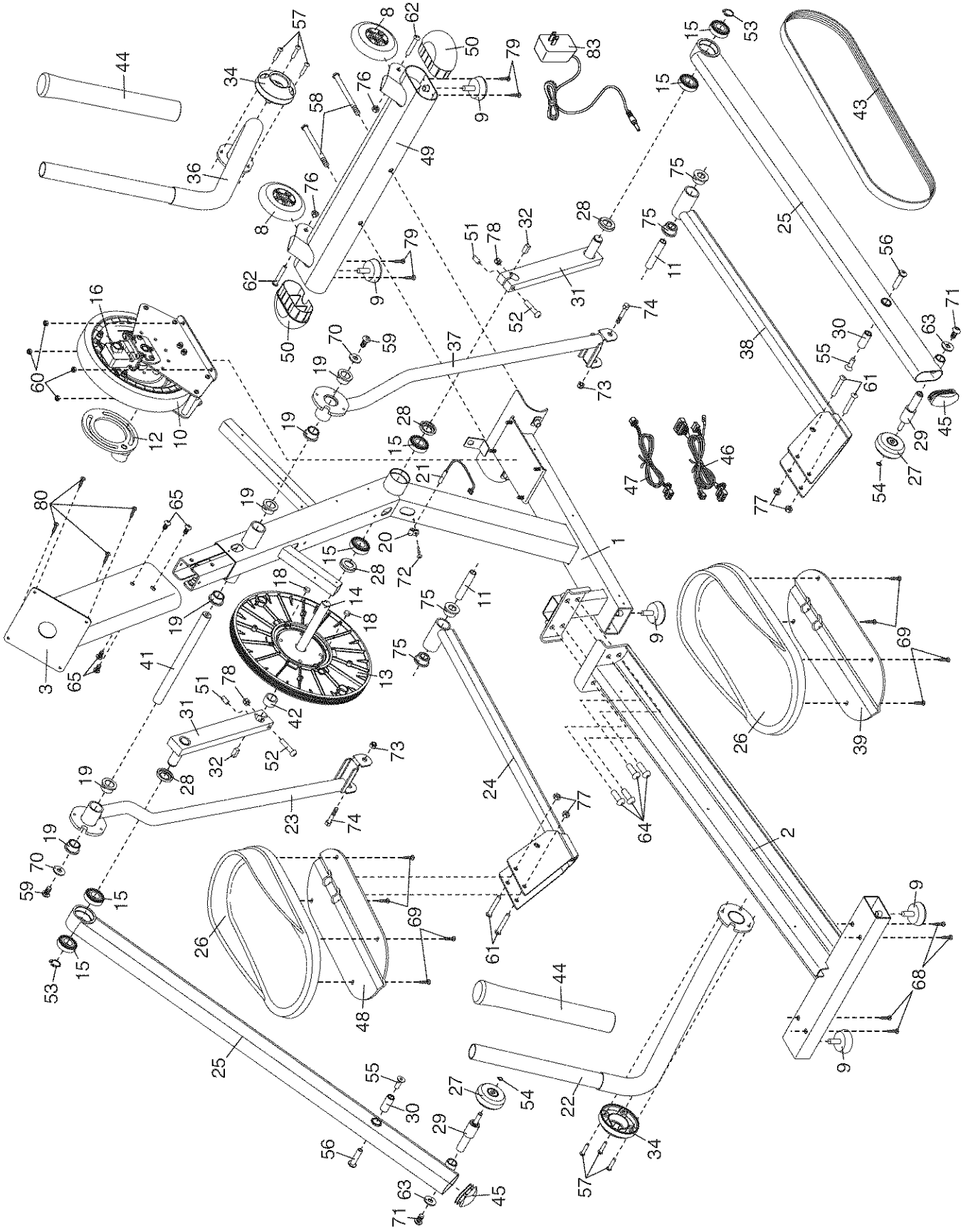
EXPLODED DRAWING A—Model No. NTEL00607.0

R0308A



EXPLODED DRAWING B—Model No. NTEL00607.0

R0308A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. There is a seven (7) year warranty on the resistance mechanism. There is a lifetime warranty on the frame. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 258567 R0308A

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